



Personal Choices and Well-Being

Health and Life Skills: tracing choice and consequence from Grade 7 through Grade 9

Grade 7: Comparing Choices to Health Standards

- Compare personal choices around physical activity, nutrition, relaxation, sleep and reflection against health standards.
- Examine grooming and cleanliness habits, including how cosmetic advertising shapes those choices.
- Link food choices to adolescent nutritional needs, considering finances, media, peer pressure, hunger, body image and activity level.
- Analyze the social factors that influence whether a person avoids or uses particular substances.

Grade 8: From Choice to Consequence

Seeing the Link

Grade 8 students examine the direct relationship between a choice and its consequence, such as how smoking affects appearance, feeling and performance. They also analyze how health needs change across the life span, including shifting requirements for sleep and calcium.

Handling Pressure

Students develop personal strategies for resisting pressure to adopt a particular look or lifestyle, including learning to accept individual appearance. This builds directly on Grade 7 work on grooming pressures and substance-use influences.

Grade 9: Extending Healthy Choices Outward

Family and Community

Use knowledge of an active, healthy lifestyle to promote and encourage involvement among family, peers and the community.

Approaches to Health

Analyze how positive health habits can be supported by varied health practices and treatments, such as acupuncture.

Nutrition Strategies

Develop strategies that promote healthy nutritional choices for self and others, such as setting healthy-eating goals or advocating for nutritious vending machine options.

Tracing the Progression, Grade 7 to Grade 9



Choices, Consequences and Community

Across Grades 7 to 9, the Health and Life Skills program builds a consistent line of reasoning: compare personal choices to health standards, recognize how those choices produce consequences, resist outside pressure over appearance and lifestyle, and finally extend healthy habits to family, peers and community. Well-being emerges from this accumulation of informed, responsible daily decisions.

Which one habit from your own routine, sleep, nutrition, activity or how you respond to peer pressure, would you change first, and what consequence would you expect to see?